

Case Study on Ovarian Cancer (Stage 4) - in Preventing the Complications of Chemo and Radio therapy through Ayurveda.

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Cancer is a dreadful disease which afflicts all communities worldwide. It is the second leading cause of death. Modern treatment modalities like Surgery, Chemotherapy and Radiation therapy are complex and unpleasant for patients and relatives, as it requires prolonged treatment with the risk of relapse. There was an attempt to manage stage 4 patients with Ayurvedic formulation. A crucial topic during my PG studies, this mode of treating cancer patients showed promising results by reducing the



signs and symptoms and improving the quality of life. The therapy also helped arrest the growth of the tumour and extended the patient's life span. Few patients (terminally ill) are managed in our hospital to improve their quality of life and manage pain. The life span can also be extended with appropriate Ayurvedic therapies and formulations.

During this period, I had an opportunity to treat an ovary cancer (stage 4) case who had developed Hepatitis B and undergoing radiotherapy.

Ovarian cancer is the fifth most common cause of death in women. Among other gynecologic cancers affecting the uterus, cervix and ovaries, ovarian cancer has the highest death rate.

Risk factors:

Around 22,000 women are diagnosed with ovarian cancer yearly; risk factors for developing ovarian cancer include family history, old age, reproductive history and obesity. When diagnosed in the early stages, there is a 94% chance of surviving for at least five more years.

Family history: The risk of developing ovarian cancer is about 5% in those with near relatives suffering from such conditions.

Age: As age advances, the chances of getting ovarian cancer are higher, as most cases occur after menopause. Reproductive history – women who had one or more full-term pregnancies, especially before the

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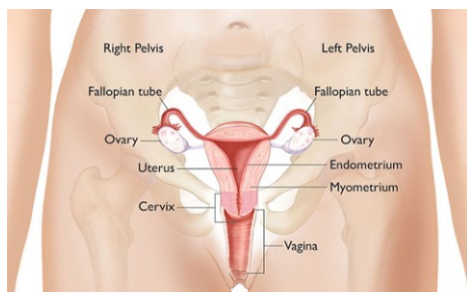
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age of 26, have a low risk of developing ovarian cancer, and breastfeeding may also decrease that risk. There is a higher incidence of ovarian cancer in unmarried women and married women with low or no parity.

Obesity:

Both obesity and being overweight appear to increase the risk of developing ovarian cancer. Signs and symptoms: In early stages, there may be few or no symptoms. Symptoms may resemble those of other conditions, such as premenstrual syndrome, irritable bowel syndrome or temporary bladder problems when the tumour grows sufficiently more significant to cause compression. The early symptoms include pain in the pelvis, lower abdomen or lower part of the body, back pain, indigestion or heartburn, more frequent and urgent urination, pain during sexual intercourse, and changes in bowel habits such as constipation. As cancer progresses, there may also be nausea, weight loss, breathlessness, tiredness, loss of appetite and development of ascites.

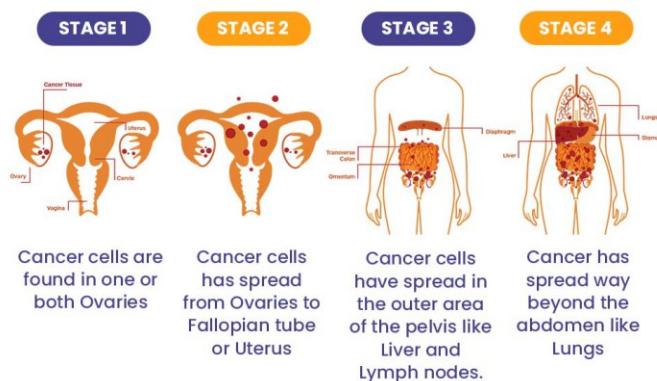
CASE STUDY

A female patient aged 49 yrs with a diagnosis of Ca ovary (stage 4) since December 2013; underwent surgery & chemotherapy. She was admitted to our hospital with complaints of - yellowish discolouration of the sclera,

urine & skin, itching all over the body, whitish sticky stool, fever, loss of appetite, frequent vomiting and generalized weakness since one week.

The condition is managed with complete Ayurveda treatment including - Juice extract of - Amrita, Neem leaves, Bringaraja, Aloe vera etc., along with oral medicines.

Ovarian Cancer



Upcoming Camp

On the Occasion of **World Stroke/Paralysis Day**
Department of Panchakarma, has organized a

Paralysis Treatment Camp

From 27th October 2022 to 30th November 2022

A treatment camp for patients suffering from paralysis is scheduled from 27th October to 30th November 2022, to avail the benefits of special "Ayurvedic Panchakarma" treatment and to ensure the best care in early mobilization and correction of neurological deficits of the stroke/paralysis patients. **There will be free general ward bed charges, special offer on Panchakarma therapy charges and selected ward charges.** Patients should enrol within a week and can avail the treatment facilities from 27th October to 30th November 2022.

For further information
& Enrolment Contact:

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Report on World Alzheimer's day observed by the Department of PG studies in Kayachikitsa.

Department of PG Studies in Kayachikitsa, JSSAMC, observed World Alzheimer's day on 21/09/2022. The program created a complete awareness among the students of UG and PG about the pathology, symptomatology, prognosis and treatment of Alzheimer's disease. The program was held in 2 sessions, a skit competition in the morning and a Live Quiz program in the afternoon. Ten teams registered for the skit and 27 for the quiz competition. Six teams were shortlisted after the screening test in the morning. Each team consisted of 3 members. Principal Dr. Sarbeshwarkar inaugurated the program in the presence of Dean Dr. Rajesh A. Udupudi. HOD Dr. Beena M. D., UG Coordinator Dr. Deepa C. Patil, Dr. Ashwini A and PG scholars of the Department and UG students took palm impressions on a unique screen to show symbolically that the hospital supports the patients of Alzheimer's. Dr. Venkatesh coordinated the program.

Skit competitions were conducted from 11 am to 1 pm in the presence of judges Dr. Sathish Pai, Dr. Sandhyarani and Smt. Shruti Aiyer hosted by Dr. Megha P. and Dr. Rakshith M. M. There was an excellent performance from all the teams who came up with creative ideas and two best versions were awarded.

Live quiz was conducted in the afternoon session 2pm to 4pm. Out of

27 teams 6 teams were selected based on scoring and the whole quiz was coordinate by Dr. Namratha , Dr. Shashikala , Dr. Reetu Mahesh, Dr. Megha P. and Dr. Rakshith.

The program was concluded with a brief presentation on Alzheimer's disease by Dr. Ashwini, Assistant professor from the Department.

Dr. Reetu Mahesh, PG Scholar from the Department, presented the Report on the program.

Dr. Beena MD, HOD, Dept, announced the skit and quiz competition winners. PG Studies in Kayachikitsa. PG scholars of Roganidana were the winners of the Live Quiz, and the PG scholars of Panchakarma a runners. Miss Suma & team and Miss. Prajna & team of the IV BAMS were the winners and runners of the skit program.

Dr. Rakshith, PG Scholar, rendered the vote of thanks. About 120 beneficiaries, including UG and PG students, actively participated in the event with brilliant ideas and enthusiasm.



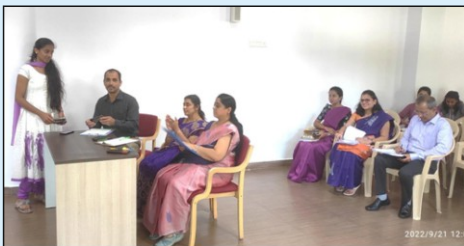
Inauguration by principal Dr. Sarbeswar Kar and other staff from the Department



- Dean Dr. Rajesh A Udupudi
- HOD Dr. Beena M.D.
- UG Coordinator Dr. Deepa C. Patil, and
- Dr. Ashwini A., Asst. Prof. PG Scholars, Dept. PG Studies in Kayachikitsa



**Skit Competition about
Alzheimer's – UG Students**



**Judges – Dr. Satish Pai,
Dr. Sandhya Rani, DR. Shruti Aiyyer**



**Alzheimer's – presentation by
Dr. Ashwini A**



LIVE QUIZ COMPETITION



PRIZE DISTRIBUTION



Dr. Aparna Surendra, Physician G I, Dept of Naturopathy and Yoga, JSSAH, Mysuru, was honoured with the prestigious Yogashree award of 2022 by the Yoga Dasara Subcommittee.



Yoga Sambrama at Mysore palace

Report Of Anveshana 2022

Department of Research and Development, JSS Ayurveea Medical College, Mysuru organized 'Anveshana - 2022' - A one day workshop on Synopsis writing and Research Methodology, which was held in commemoration with 107th Jayantyotsava of Rajagurutilaka Dr.



Rajendra Mahaswamiji, for first year PG Scholars on 22/9/2022 in the college premises. Delegates attended were from Our college and Sri Sri College of Ayurveda and Research, Bengaluru.

Ceremony was mastered by Dr. Sushmitha M and Dr. Meghana, PG Scholar, Dept. Of PG Studies in Dravyaguna, JSSAMC, Mysuru. Workshop was inaugurated with divine invocation, welcome speech by Dr. P Sudhakar Reddy, Prof. and Head, Dept. Of PG Studies in Swasthavritta, JSSAMC, Mysuru and lighting of the lamp by the dignitaries. Appraisal of the program was read by Dr. V. Shreeshananda Sharma, Prof. and Head, Dept. Of PG and PhD Studies in RS & BK, JSSAMC, Mysuru. Inaugural address was rendered by Dr. Prashant Vishwanath, Prof. Dept. Of Bio-Chemistry, JSSAHER, Mysuru, where he called upon PG Scholars to follow their passion on the research area of



their interest and which will prove helpful for the society. Presidential address was by Dr. Sarbeshwarkar, Principal, JSSAMC, Mysuru, where sir briefed on the moto of the Sutturu parampara and the importance of the workshop. The inaugural program concluded with the vote of thanks by Dr. Satish Pai Asso. Prof, Dept. Of Dravyaguna, JSSAMC, Mysuru.

Dr. Girish Tillu, Vaidya Scientist Fellow center for complimentary & Integrative health, Savitribai Phule



Pune University, Pune rendered the key note address where he updated participants on the research activities held in different centers of India.

We had scheduled several scientific session from eminent scholars in the field of research. The first session was by Dr. Laxminarayana Shenoy, Asst. Director, State Ayurveda Research Centre, Mysuru, On the topic Research

and Statistics in Ayurveda, where he put forward reference of research methodology in our Brihatrayis.

Second speaker was Dr. Satish Pai, Asso. Prof., Dept. Of Dravyaguna, JSSAMC, Mysuru. Spoke on the topic Instrumentation in Research where he explained regarding upgraded instruments in research and different apps used in statistics.

Post lunch session was deliberated by Dr. Girish K J, Prof. Dept. of Kayachikitsa, SDMCAH, Hassan, sir made this an interactive session where he explained the practical art of synopsis writing. Next session was by Dr. Vidyalaxmi K., Assistant Prof. Dept. of Studies in Statistics, Manasagangotri, UOM, Mysuru. Mam



enlightened us regarding inferential statistics and answered all the queries asked by the delegates.

Dr. Subba Rao V., Prof. of Cellular and Molecular Biology, Dept. of Biochemistry, JSSAHER, Mysuru was the Chief guest for Valedictory function, who addressed the delegates about importance of systematic approach to the skeleton of synopsis writing and article publication.

Workshop was concluded by taking feedback from the delegates and certificate distribution to all the delegates by our valedictory guests.



Department of PG studies in Swasthavritta and Department of PG studies in Koumarabruthya, and our NSS unit observed National Nutritional Week. A health camp was held in Uthanahalli Village, Mysore, from 1st September to 7th September. We conducted free health check-ups and nutritional assessments for Government Higher School children. The preparation of Nutritional Laddoo and its benefits were explained to the staff. We also distributed nutritional laddoo to all children.



Our faculty Dr. Jagadeesh G Mitti, Professor, Department of PG and PhD studies in Rasashatra and Bhaishajya Kalpana, was conferred with Best Pharmacovigilance coordinator for ASU&H drugs from National Pharmacovigilance Program for Ayurveda, Siddha, Unani & Homoeopathy Drugs during 2021-2022.



Teachers' Day was celebrated on the 5th of September at JSSAMCH Mysuru. Dr. C.G.Betsurmth, Executive Secretary, JSSMVP, Mysuru, was the chief guest. During the occasion, it was an honour to facilitate Dr. Keshab Chandra Das, Principal, SVM Ayurveda Medical College & PG Centre, Ilkal. Dr. Veena G Rao, Professor, Department of PG studies in Panchakarma, JSSAMCH And Dr. P.Sudhakar Reddy, Professor, Department of PG studies in Swasthavritta, JSSAMCH, Mysuru, were also felicitated for their contributions from the JSSAMCH faculties.



In Commemoration of the 107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka Dr. Sri. Shivarathri Rajendra Mahaswamiji, JSSAMCH started a peripheral Out-patient department for PG Studies in Prasooti tantra and Striroga on September 8th 2022. The department is situated in Women's Polytechnique college, SJCE Campus, Mysuru.



In Commemoration of 107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka Dr. Sri. Shivarathri Rajendra Mahaswamiji, Charaka Saptaha was held at our institution. The saptaha took us on a unique journey through Purvardha Sthana of Charaka Samhita from 7th to 14th September 2022. I and II year BAMS students actively participated in the program. The inaugural Chief Guest was Prof. Dr. Anjaneya Murthy, Retd. Joint Director, Department of AYUSH, Government of Karnataka.

In Commemoration of 107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka, Dr. Sri. Shivarathri Rajendra Mahaswamiji, Department of PG Studies in Kayachikitsa and Swasthavritta organized General Health Checkup camp at JSS Vrudhashrama, Aravinda Nagar, Mysuru on 9th September 2022.



In Commemoration of the 107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka, Dr. Sri. Shivarathri Rajendra Mahaswamiji, Department of PG studies in Roganidana, NSS unit and Youth Red Cross of JSS Ayurveda Medical College, Mysuru conducted Blood donation Programme on 13th September 2022 at JSS Ayurveda Hospital, Mysuru.



In Commemoration of the 107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka Dr. Sri. Shivarathri Rajendra Mahaswamiji, Department of PG And PhD studies in Shalya Tantra, organized Karma Koushalya 2022. A hands-on training workshop on "Agni Karma- Practical Utility in Pain Management" was organized on 14th September 2022. The programme was inaugurated by Dr.Santhosh Arjynagi, Professor & HOD, Department of PG studies, in Shalya Tantra, SDM Institute of Ayurveda and Hospital, Bengaluru.



107th Jayanthi Celebration of his Holiness Jagadguru Rajagurutilaka Dr. Sri. Shivarathri Rajendra Mahaswamiji was celebrated at JSS Ayurveda Medical College and Hospital, Mysuru on 12th September 2022. Dr. B. Suresh, Pro-Chancellor, of JSS Academy of Higher Education and Research, Mysuru, was the event's chief guest, and he also spoke about the vision of Dr. Sri. Shivarathri Rajendra Mahaswamiji. He also released a book written by Dr. P.Sudhakar Reddy and Dr. Beena, M D, titled "A textbook on Swasthavritta" on the same occasion.

